

UNIVERZITA KARLOVA V PRAZE
FAKULTA TĚLESNÉ VÝCHOVY A SPORTU



Aktivní životní styl seniorů

Abstract

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Abstract

Title: Active lifestyle for seniors

Objectives: The objectives of this work is to demonstrate the positive influence of active living on seniors through literary analysis

Methods: The thesis has a research character. Information to support founded in a variety of sources, including scholarly reports and internet sources. It will focus on the benefits of an active lifestyle on the health and wellbeing of seniors. Initially, the thesis considers the characteristics of age and aging. In the next section there will be an examination of how an active lifestyle affects the quality of life and overall health of seniors. In other words, what are the important factors that result in healthy outcomes.

Results: The research will determine the ideal activities that will benefit elderly people. If seniors are to become more active, they will have to be motivated to exercise on their own or in groups and this activity will have to be readily available at a moderate cost and be enjoyable to participate in. The best way to sport is walk for them.

Keywords: Seniors, a active-healthy lifestyle, age, fitness, physiological and physical changes.